

# Hurray, I wear GLASSES



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Hurray, I wear  
**GLASSES**





Hello, my name's Joe and I wear glasses. One day I noticed that I cannot see houses, trees or my friends on the opposite side of the street very clearly. It felt like looking through a fogged window – but there was no window! I couldn't count birds on a branch or tell the numbers on the buses that went past me.



Hi, I'm Kitty and I wear glasses, too. I've had my specs since I can remember. When I put them down, everything around me suddenly gets blurred and confusing. Objects that are far away from me are the only things I can see clearly.



How Joe sees the world.



How Kitty sees the world.

When Joe and Kitty put on their glasses, the world becomes alright again!

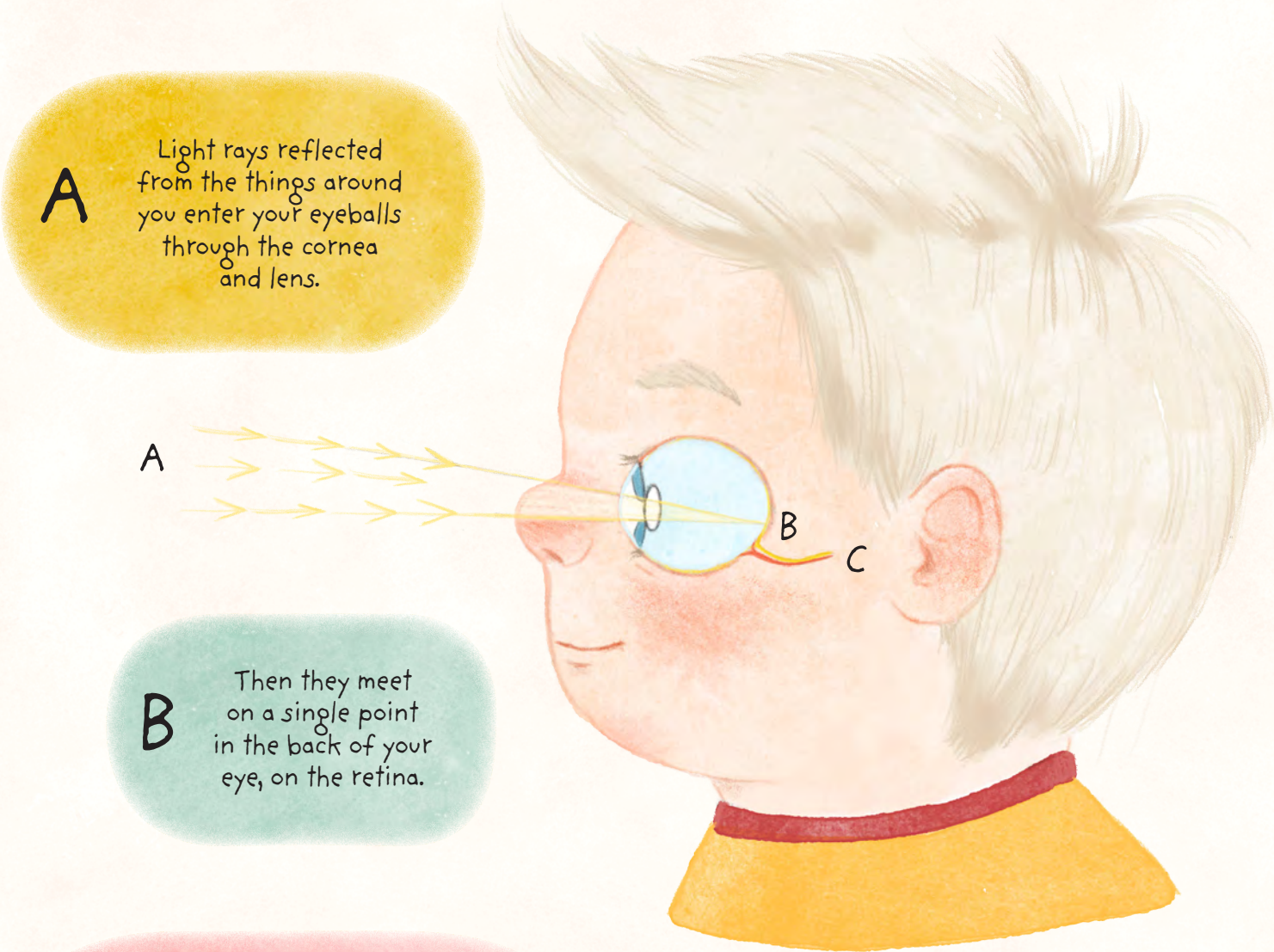
Did an eye doctor tell you to start wearing glasses, too? Maybe you're worried now – that the glasses will feel uncomfortable on your nose, that you'll look foolish, that other kids will mock at you... We know exactly what it's like! We were worried, too. But you can rest assured. In this book, we will show you everything you'll need to know about glasses, and in the end, you'll be proud to have them on your nose!





# WHAT HAPPENS IN YOUR EYES?

When healthy, all people's eyes work in the same way. All the parts of the eye play as a team, helping us see things properly.



**A** Light rays reflected from the things around you enter your eyeballs through the cornea and lens.

**B** Then they meet on a single point in the back of your eye, on the retina.

**C** From here, the optic nerves carry the message to the brain, which decides what we are actually looking at.

This is a complicated process. No wonder it sometimes goes wrong – that is how various vision impairments appear. Did you notice that Joe's problem is different from that which Kitty has?

## Long-sightedness

Kitty can see people and things that are far away from her without difficulties, but anything up close, such as the boxes she is peering at, look fuzzy to her. Kitty is **long-sighted**. That is because the light in her eyeball comes together behind the retina.

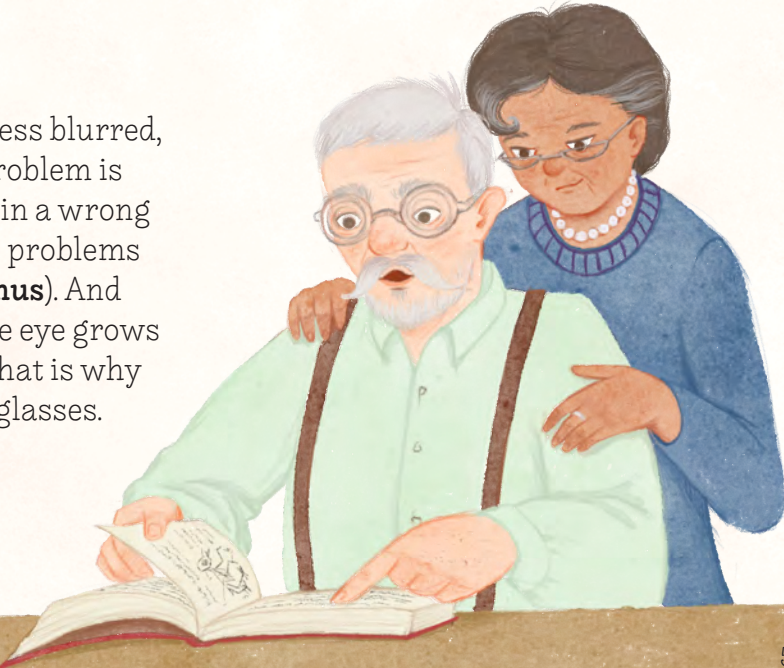


## Short-sightedness

Joe can see people and things clearly if they are up close, but anything far away, such as friends on the other side of the street, look fuzzy to him. Joe is **short-sighted**. This is because the light rays in his eyeball come together before touching the retina.

## Other vision impairments

Some people see things around them more or less blurred, no matter how near or far they are (This eye problem is called **astigmatism**). Sometimes one eye looks in a wrong direction, so that the person sees double or has problems with spatial orientation (this is called **strabismus**). And some eye defects appear only later in life, as the eye grows older and loses its quickness and efficiency – that is why so many grannies and grandpas need reading glasses.





# AT THE OPHTHALMOLOGIST'S

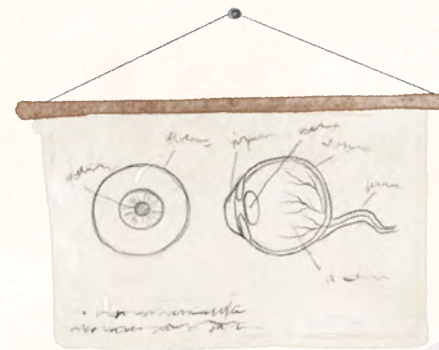
An ophthalmologist is an eye doctor who can tell how clearly you can see, using all sorts of tests and exams.

He or she is able to identify any eye defect even before you notice something is wrong! The sooner a problem is discovered, the greater is the chance to fix it.

## How can the doctor know?

The doctor will test how the muscles in your eye work, how the light travels inside your eyeball, and if you can see everything properly. The ophthalmologist will see how different parts of your eye work together.

When Joe couldn't see very well, we took him to an ophthalmologist.



Hem ...  
a mushroom?

## What will the eye doctor do?

To begin with, the ophthalmologist will ask all sorts of questions related to your vision before starting to check your eyes. With various tools, special glasses and pictures, he will find out if your eyes work exactly as they should. You don't have to worry, because the doctor will always tell you what to do. For example, you will tell him what you can see on a board placed at some distance in the room, cover one eye with your hand, look up or into the light of the doctor's little torch.



## Let's go early

Kitty went for a big eye exam when she was just a little toddler. Both of her parents wear glasses, and they know that many vision defects run in the family: children whose relatives suffer from sight problems often get them too. The ophthalmologist actually discovered a problem in Kitty's eyes, and the little girl's life hugely improved after she started wearing glasses. People should have their eyes checked even if they think their vision is good, because they often do not realize that they can't see so well. Did you know that even little babies have their eyes checked? Sometimes this helps to find and fix a defect that would later make the child's life difficult.

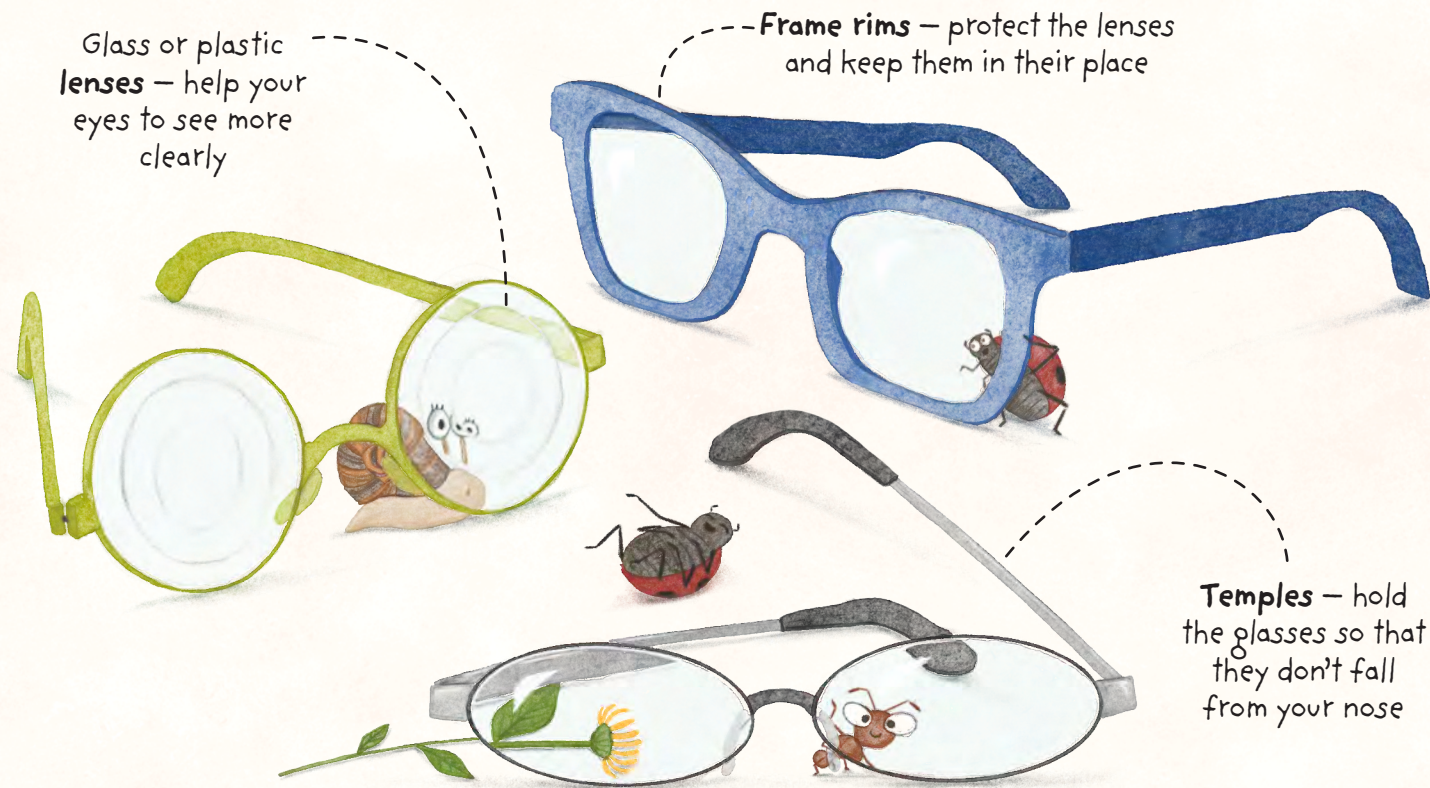




# HOW DO GLASSES WORK?

Joe and Kitty need to wear glasses to see the world clearly, nicely, and in the smallest detail. Maybe you are also getting used to your first glasses right now. How does this thing on your nose actually work?

The glasses (or spectacles) are usually specially adjusted just for your eyes, so that the glass or plastic helps your **lenses** and **corneas** correctly process everything that you look at. Thanks to glasses, the light entering your eyeball falls onto the very right spot on the **retina**.



Some glasses have lenses with irregular thickness — those help people with **astigmatism** see everything perfectly clearly.

Sometimes the glass is the thinnest in the middle — this helps the **short-sighted** people see properly things that are far away.

But in other types of glasses, the middle part of the lenses is the thickest — those help the **far-sighted** people see things that are up close.

# WITH GLASSES ...



... you won't overlook a friend across the street!

... you won't stumble, hit anything or fall over so easily, because you will see any obstacle in time!



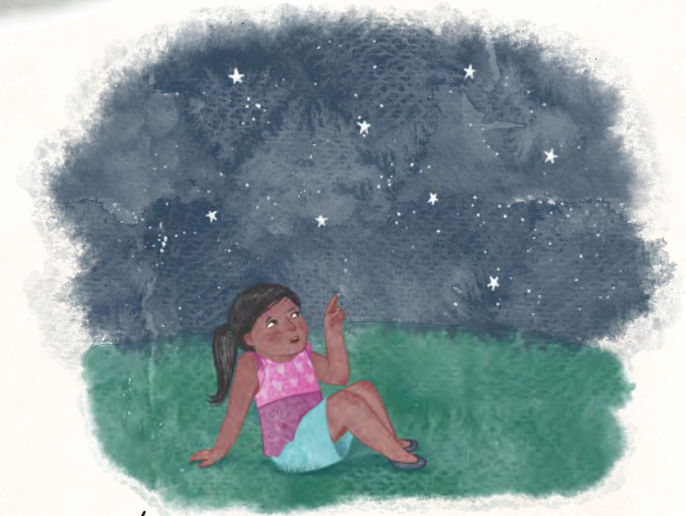
... you won't have headaches!



... you will never get on a wrong bus!



... you will never miss the target!



... you will easily count all the little things!



# WE WEAR GLASSES – THAT’S FANTASTIC!

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Glasses help you see  
all the details of our  
beautiful world!

Glasses look good  
on every face!



Glasses can  
emphasize your  
personality!

Joe has gradually found out that he and Kitty are not the only ones wearing glasses. He started noticing other people with glasses at the playgroup, on their block, in the street and at shops; Kitty explained to him that even with glasses, he can do lots of exciting things. At the beginning, Joe sometimes left his glasses on the bedside table, but later it happened less and less often, until one day he realized that he couldn't imagine life without his glasses. Don't worry, you too will get used to your glasses, and soon you'll become a proud, beautiful, and self-confident glass-owner!



With or without glasses,  
each of us is special and unique.  
And that's great!



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**GLASSES**

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Kitty and Joe wear glasses, and thanks to that, they can see the world in full details, beautiful and clear as it is. Maybe you're getting used to your own glasses right now, and maybe you're not sure what to think about this funny thing on your nose. Will it really be as useful as adults tell you? Will it ever stop bothering? And what if other children will mock at you? Believe me: with glasses, your life will be awesome. In this book, you'll learn everything you've always wanted to know about your new aid – how eyesight works, how come that the doctor knows you see poorly, who invented the very first glasses and how they looked like, what glasses of the future will be able to do, and much more. Get to know your glasses and become a proud glasses-wearer!

For both new  
and seasoned  
glasses-owners

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